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MONTHLY

INDUSTRIAL NUTRITION SERVICE



For employee publications, and individuals
and groups promoting nutrition education

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WAR FOOD ADMINISTRATION, Office of Distribution

Now that the offensives in the Pacific area and Europe are stepped up, we on the home front have an added incentive to increase our efforts to help win the war. One way we can do this is to make full use of the nutritious foods not needed by the military, thereby aiding our country to meet the changing conditions of food supplies on the home front.

Very small quantities of frozen fish are used by our fighting forces overseas, because of refrigeration problems at the front. Today the supply of frozen fish in storage is so large that much must be removed before the new catch can be stored. We on the home front could solve this problem quickly and simply if we were to serve fish an additional time each week until the supplies are normal again.

Freezing is a method perfected to keep foods fresh. Frozen fish tastes like fresh fish and has equal food value. Fish is not rationed and is a good alternate for the rationed meats.

Supply on Hand:

Not all fish is plentiful. Among the varieties of frozen fish available in supplies greatly above normal, are frozen cod fillets, mackerel, flounders, scup, pike and lake herring. The bulk of the supply is in fillets, which eliminate waste.

Most varieties of canned fish are scarce. Canned fish is used in large quantities by our military forces. About 70 percent of this year's pack of salmon is required for our military forces, for lend-lease, and for other Government purposes. More than half of the packs of sardines and mackerel also are being taken for Government use. Canned tuna fish is now back to normal supply levels, but the military demand for this product is considerable.

Fish Food Facts:

Those who have the "know how" in cooking and serving fish can make it look and taste so good that everyone likes it. When properly cooked, fish is moist and delicious, not greasy or dry. Not all varieties of fish should be fried, although that is now the most common method of cooking fish. Mackerel, which is in surplus, is one of the fat varieties and is much better when baked or broiled. Cod, a lean fish, is better when boiled slowly, baked in milk or fried, rather than broiled.

The selection of colorful, nutritious vegetables and the use of color in serving fish, as in tomato sauce, or garnishes such as lemon slices and parsley, makes a fish meal appealing at home or in the cafeteria. Colorful vegetables for fish and potatoes are canned green string beans, now plentiful, spinach, stewed tomatoes, beets, green salads or cole slaw mixed with chopped green peppers and grated raw carrots or tomatoes.

Food Value:

Fish makes an important contribution to the diet. It is an excellent source of high-quality protein; that is, all the amino acids required for growth and maintenance of weight are included. It is also an excellent source of niacin, which is one of the B complex vitamins.

Methods of Cooking Fish:

Baking: Cut into individual servings. Place in well-greased pan. Sprinkle with salt and brush with melted fat. Cook in hot oven (500° F.) until brown and thoroughly done, but not overdone. Lean fish may require added fat during cooking.

Boiling: Place one layer of fish cut to serving portions in an oiled wire basket or perforated pan, or wrap in cheese cloth to prevent breaking up. Place basket in 2 quarts of boiling water to which has been added 2 tablespoons salt, a tablespoon of vinegar or lemon juice, an onion and a clove. Simmer until tender (10 to 15 minutes). Serve on hot platter.

Broiling: Cut into individual serving portions. Oil heated broiler pan. Brush fish with melted fat. Place fish on broiler pan about 2 inches below heat, skin side up. Avoid too high temperature. Cook for approximately 5 minutes on one side, turn and broil about 4 minutes longer. Baste several times with a mixture of 1/4 cup melted fat and 1/4 teaspoon pepper.

Deep Fat Frying: Use a deep kettle provided with a frying basket. Heat fat to a temperature of 400° F. until a piece of bread will brown in 20 to 25 seconds in the hot fat. Dip fish cut to serving portions in cold water. Roll each portion in 1 cup of sifted dry crumbs or a mixture of 1/2 cup yellow cornmeal to 1/2 cup flour and 1 1/3 tablespoons salt. Put only one layer of fish in the basket at one time. Cook to an even golden brown and serve immediately.

Pan-Frying or Sauteing (for lean varieties of fish): Have cooking fat about 1/4 inch deep in a skillet, and heat over slow fire. Divide fish into serving portions and dip in cold water, milk, or beaten egg. Roll each portion in 1 cup of dry crumbs or a mixture of 1/2 cup yellow cornmeal to 1/2 cup flour and 1-1/3 tablespoons salt. When fat is hot, place fish in covered pan and cook 3 minutes. Remove to back of stove, keeping covered about 2 minutes. This permits fish to cook in its own steam and prevents dryness. Remove cover, turn fish and cook over flame 3 minutes longer.

Steaming: Place fish cut to serving portions for 2 to 8 minutes in a solution of 1/2 cup of salt to 1 quart of water. Place fish one layer deep in a well-oiled steamer, and cook for 5 to 12 minutes or until tender.